

# PILONIDAL DISEASE

## DEFINITION

-Refers to a condition of the soft tissue overlying the sacrococcygeal region and superior gluteal cleft. Involves chronic drainage and inflammation of midline epithelial-lined sinuses/pits that are prone to form abscesses and cause chronic pain.

## INITIAL DIAGNOSIS AND MANAGEMENT

-A painful and indurated swelling of the sacrococcygeal region is the most common acute presentation.  
-Commonly present as abscesses.  
-Chronic disease presents as intermittently draining sinuses in the intragluteal fold.  
-Diagnosis is confirmed by midline pits approximately 5 cm above the anus, often with hair within the sinus.  
-Unless an abscess is present, initial management is nonsurgical and initiated by the primary care provider. This involves depilatory agents to keep the area free of hair and meticulous hygiene with warm soap and water.

## ONGOING MANAGEMENT OBJECTIVES

-Continued hygiene of the involved area, keeping it clean-shaven. This is a chronic process that usually does not require surgical intervention.  
-Attempts at nonsurgical treatment should last at least 2 months.

## INDICATIONS FOR SPECIALTY CARE REFERRAL

-Any abscess should be referred immediately. Do not attempt to drain in a primary care setting.  
-A patient with persistent pain and drainage despite attempts at conservative management (2 months).  
-Do not send patient for "counseling" abscess is present unless he/she has failed nonoperative treatment

## REQUESTED CONSULT INFORMATION FROM PRIMARY CARE PROVIDER

-Primary symptom .  
-Attempted treatment and length of treatment.

## CRITERIA FOR RETURN TO PRIMARY CARE

-Patient does not want surgical intervention.  
-Surgical incision has healed.

DISCLAIMER- Adherence to these guidelines will not ensure successful treatment in every situation. Further, these guidelines should not be considered inclusive of all accepted methods of care or exclusive of other methods of care reasonably directed to obtaining the same results.

RWBAHC Specialty Clinic Guidelines are adapted from both the format and content found in the Western Regional Medical Command's Referral Guidelines